

All-Abilities Teeball Program

Age group	4-8 year olds
Sports	Teeball
Skills	Catching, Overarm Throw, Striking, Tee Ball Skills, Balancing, Running, Striking (Tee Ball), Fielding (Tee Ball, Softball \& Baseball)

Welcome to the KIDDO All-Abilities Teeball Program!

This program is designed to be **fun, inclusive, and flexible**, with a focus on introducing fundamental movement skills like throwing, catching, striking, and running. As a coach, your role is to support every child to feel supported, safe, and confident to give things a go. These session plans have been specifically designed and trialled by the KIDDO team to develop the physical literacy of children. Each activity focuses on building fundamental movement skills and confidence to join in and participate. You'll also find tips and strategies to promote motivation and inclusion.

Each session follows the same format. You can rearrange, remove, or substitute activities to suit your needs.

Instant Activity (5 mins)

This is a quick fun activity that encourages children to join the session and build their confidence for the activities ahead.

Focus skill activities (30 mins):

Each week we have different focus skills for the sessions. This helps introduce the different skills needed to play teeball.

Session 1-3: Overarm Throw & Balance

Session 4-6: Catch & Run

Session 6-9: Striking

Session 10: Teeball games

Fun Finishing game (5 mins):

This helps everyone finish the session on a high and want to come back and play again next week.

Throw & catch time:

While not outlined in the session plans, we would encourage you to have time to throw and catch with a parent, buddy or sibling at the end of each session. This is the chance to try out those gloves and balls that all children have received. Provide plenty of positive encouragement and only do it for as long as the children enjoy it!

Week 1

Instant activity	Animal Walks	Success Criteria
Activity 1	Ready, Aim, Fire (Throwing)	· I can join in a group activity
Activity 2	Obstacle Course (Throw)	· I can have fun while moving
Fun finishing	Beans	· I can try to do a big 'muscle arm' throw

Week 2

Instant activity	Animal Walks	Success Criteria
Activity 1	Ready, Aim, Fire (Throwing)	· I can join in and try a new activity
Activity 2	Clean up your Rubbish (Throwing)	· I can do a big muscle arm throw
Fun finishing	Musical Balances	· I can move and balance using different body parts

Week 3

Instant activity	Beans	Success Criteria
Activity 1	Throwing Stations	· I can try to balance on one leg
Fun finishing	Musical Balances	· I can do a big muscle arm throw · I can try to aim my throw at a target · I can join in different throwing activities

Week 4

Instant activity	Blast Off	Success Criteria
Activity 1	Wicked Witch (Catch)	· I can try something new
Activity 2	Obstacle Course (Catch)	· I can join in a running game
Fun finishing	Whats the Time Mr Wolf	· I can try to catch a ball with two hands



Week 5

Instant activity	Blast Off	Success Criteria · I can try to throw and catch a beanbag · I can run fast and change directions when prompted · I can have fun while moving and want to come back to play again next week!
Activity 1	Wicked Witch (Catch)	
Activity 2	Netflix	
Activity 3	Hula Hoop Car Trip	
Fun finishing	Toilet Tag	

Week 6

Instant activity	Netflix	Success Criteria · I can run safely in the game space · I can keep my eyes on the ball when trying to catch · I can take turns with others
Activity 1	Shrink and Grow (Throwing)	
Activity 2	Obstacle Course (Catch)	
Fun finishing	Whats the Time Mr Wolf	

Week 7

Instant activity	Follow the Leader	Success Criteria · I can hold a bat or striking implement with two hands · I can hit a ball off a cone · I can try something new
Activity 1	Noodle Run	
Activity 2	Obstacle Course (Striking)	
Fun finishing	Beans	

Week 8

Instant activity	Netflix	Success Criteria · I can swing my bat to hit the ball · I can celebrate when I hit the ball · I can wait my turn to hit
Activity 1	Striking Stations	
Fun finishing	Toilet Tag	



Week 9

Instant activity

Builders and Bulldozers

Activity 1

Striking Stations

Fun finishing

Toilet Tag

Success Criteria

- I can keep my eyes on the ball when trying to hit off a tee
- I can hold a bat with two hands and swing it to hit a ball
- I can have fun trying to hit the ball

Week 10

Instant activity

Builders and Bulldozers

Activity 1

Shrink and Grow (Throwing)

Activity 2

Rapid Fire (Striking)

Fun finishing

Toilet Tag

Success Criteria

- I can hit the ball and then run
- I can try and field the ball
- I can cheer for others in my team and have fun playing teeball